

Ulster County Office for the Aging

September 2017 Newsletter

Greetings from County Executive Michael P. Hein



September is National Preparedness Month (NPM). This important initiative encourages everyone to make a plan in order to know what to do during an emergency. This year's theme of "Disasters Don't Plan Ahead. You Can." reminds us that "We should all take action to prepare! We are all able to help first responders in our community by training how to respond during an emergency and what to do when disaster strikes – where we live, work, and visit."

This is a nationwide, month-long effort started by the Ready Campaign, and is in its 14th year, encouraging households, businesses and communities to prepare and plan for emergencies. Unfortunately, we never know when an emergency will take place as we have witnessed in the past with Hurricane Irene and Superstorm Sandy, and now with the devastating destruction of Hurricane Harvey in Texas. National Preparedness Month provides us with a great reminder to be proactive and be prepared because a disaster or emergency could have life threatening implications.

I urge you to assemble an emergency kit and create a plan. To find out more information on how to do so please visit or call:

- The Ready Campaign: https://www.ready.gov/kit, 1-800- BE-READY (1-800- 237- 3239)
- The Federal Emergency Management Agency: <u>www.community.fema.gov</u>
- The Center for Disease Control and Prevention: https://emergency.cdc.gov/preparedness/kit/disasters/ or 1-800-CDC-INFO (1-800-232-4636)
- Ulster County Department of Health's Public Health Preparedness Program at (845) 334-5540.

Having an emergency plan and being prepared will benefit ourselves, our families, neighbors and communities when faced with a crisis.

Mike Hein

Ulster County Executive

Ulster County Executive Mike Hein and the Office for the Aging

Invite Seniors to Attend this FREE Program

Falls Prevention

Lunch and Learn

Wednesday, September 27, 2017 11:00 - 2:00 p.m.

American Legion

84 Grand St, Highland, NY

- Home Safe Home by Gilles Malkine of RCAL, Architectural Barrier Consultant from RCAL
- Experience a sample of Tai Chi with Certified instructor Celeste Graves, MA
- Fear, Falling and Fortitude, strategies to prevent and overcome falls in the home and the community presented by William Shashaty, MPS & Occupational Therapist and Eric Toboika RN, BSN from HVHA.
- Fall Screening Demo—Are you at risk?

Call Ulster County Office for the Aging to Reserve 845-340-3456



Michael P. Hein, Ulster County Executive



Invites Members and Non-members to the 1st meeting of our Ulster County Chapter

"Proposed Health Care Reforms: Impact on NYers"

SPECIAL GUEST SPEAKER

Hon. Kevin Cahill

Assembly District 103 – most of Ulster County and part of northern Dutchess County Chair, NYS Assembly Insurance Committee



Friday, September 29, 2017 12:30 – 2:30PM

Location: Governor Clinton Apartments Garden Lounge 1 Albany Avenue, Kingston Lobby Level, use rear entrance free parking behind the building. RSVP: by 9/20 to 518-436-1006 or statewide4@gmail.com

Light Refreshments Served

- Learn about the impact of proposed federal health care legislation
- Discuss support for NY Health Improved Medicare for All
- Get information on changes proposed to Medicare, Social Security, Medicaid and Aging Services.
- Provide input on future meetings to highlight issues that are important to you and your neighbors.

Since 1972, NY StateWide Senior Action Council has been a leading advocate for older New Yorkers. We are a membership organization working to support policies and services that allow community elders to age with dignity. We are a trusted information resource for seniors and their families, and have led efforts to create and expand EPIC and preserve Medicare and Social Security for generations to come. The Ulster County Chapter was chartered June 2017.



Potential Hurricane Harvey Phishing Scams

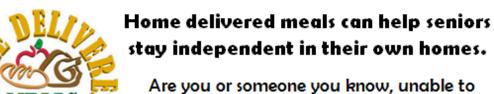
The United States Computer Emergency Readiness Team (US-CERT) warns users to remain observant for malicious cyber activity seeking to capitalize on

interest in Hurricane Harvey. Users are advised to exercise caution in handling any email with subject line, attachments, or hyperlinks related to Hurricane Harvey, even if it appears to originate from a trusted source.

Fraudulent emails will often contain links or attachments that direct users to phishing or malware-infected websites. Emails requesting donations from fraudulent charitable organizations commonly appear after major natural disasters.

Take the following preventative measures to protect yourself:

- •Keep antivirus and other computer software up-to-date.
- Do not follow unsolicited web links in email messages.
- •Use caution when opening email attachments.
- Verify the legitimacy of any email solicitation by contacting the organization directly through a trusted contact number such as the BBB National Charity Report Index.



take care of meal preparation?

The Ulster County Office for the Aging Home

Delivered Meals Program provides a nutritious hot (or frozen) meal
delivered to eligible seniors at NO or LOW cost, Monday-Friday.

The meals served are planned by a registered dietitian and each meal provides one-third of a senior's daily nutritional needs.

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. Do you know someone who might benefit from home delivered meals?

Qualified seniors must be:

- 60 years of age or over
- A resident of Ulster County
- Unable to prepare own meals
- Financially eligible

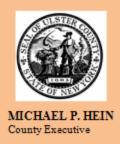


For more information, please call Ulster County Office for the Aging 845-340-3456



Michael P. Hein, County Executive

This program is made possible by funding from Federal, State, County and/or local contributions



ULSTER COUNTY OFFICE FOR THE AGING

1003 Development Court Kingston, NY 12401

Ulster County Website: www.ulstercountyny.gov

Kim Butwell Acting Director

Ph: 845-340-3456 Fax: 845-340-3583

MEDICARE

FALL ANNUAL ENROLLMENT PERIOD

The annual open enrollment period to change your <u>Medicare health</u> or <u>prescription drug coverage</u> for 2018 will be from:

October 15, 2017 to December 7, 2017*

During the annual enrollment period you can:

- Change from Original Medicare to a Medicare Advantage Plan
- Switch or drop a Medicare Advantage Plan
- Join, switch or drop a Medicare Prescription Drug Plan

Call the Ulster County Office for the Aging for a *free* HIICAP appointment if you would like to make a change in your Medicare coverage.

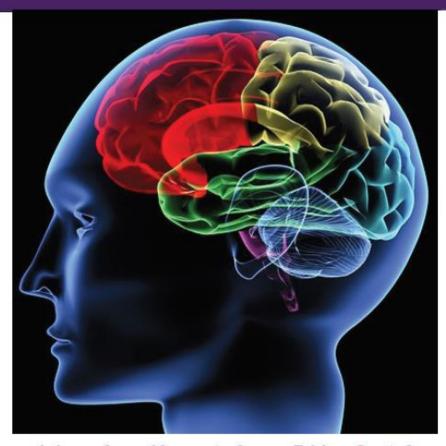
845-340-3456 or toll-free 1-877-914-3456

^{*}If you are happy with how you currently receive your Medicare Coverage, there is no need to do anything!



Virtual Dementia Tour for Caregivers

This hands-on activity simulates Alzheimer's and dementia symptoms to help caregivers identify and cope with the behaviors and needs of someone with dementia.



Join us from 10 a.m. to 3 p.m. Friday, Sept. 8
Always There Home Care
918 Ulster Ave., Kingston, NY
RSVP required; call the Ulster County Office for the Aging
at 845.340.3456 for a 30-minute appointment.

Call the Alzheimer's Association with questions at 800.272.3900.

This program is supported in part by a grant from the Ulster County Office for the Aging.

Ulster County Office for the Aging in collaboration with Jewish Family Services of Ulster County

Caregiver Support Group



Share your experience and wisdom with others Offering relief, skills and answers to care giving concerns

Mondays, 2:00 to 3:15 p.m., starting September 25th

Golden Hill Nursing and Rehab Center

99 Golden Hill Drive, Kingston, NY 12401

This program is FREE. Participants must pre-registe: Call the Office for Aging to reserve for you and your loved one 845-340-3456

Funding for this program is made possible through NYSOFA.

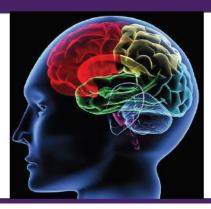


Michael P. Hein, County Executive



Virtual Dementia Tour

Ever wondered what it's like having dementia? This hands-on activity simulates Alzheimer's and dementia symptoms to help caregivers identify and cope with the behaviors and needs of someone with dementia.



25-minute sessions available from 10 a.m. to 3 p.m. Monday, Sept. 25 Hosted by Golden Hill Nursing & Rehabilitation Center 99 Golden Hill Drive, Kingston RSVP required; call the Ulster County Office for the Aging at 845.340.3456.

Ever wonder about those Virtual Reality Goggles?



The Alzheimer's Association and Ulster County Office for the Aging are piloting a new caregiver educational program:

Virtual Dementia Tour for Caregivers

This hands-on activity simulates Alzheimer's and dementia symptoms to help caregivers identify and cope with the behaviors and needs of someone with dementia.

TWO LOCATIONS!

Always There Home Care

918 Ulster Avenue, Kingston, NY Friday, September 8th, 2017

Golden Hill Nursing and Rehab Center

99 Golden Hill Drive, Kingston Monday, September 25th, 2017

RSVP required! Call the Ulster County Office for the Aging: 845-340-3456 for your 30-minute appointment.



Michael P. Hein, Ulster County Executive

Ulster County Executive Michael P. Hein

invites you to join us for our

Office for the Aging Annual Public Hearing

Tuesday, October 3, 2017 10:30 a.m.

Esopus Town Hall & Community Center 284 Broadway, Port Ewen, NY.

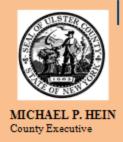
- Learn about OFA Services and Programs.
- Share your feedback with the Office for the Aging We want to hear from YOU!

Coffee and pastry will be served!

Please call Ulster County Office for the Aging to RSVP at 845-340-3456



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845-340-3456 or toll-free 1-877-914-3456

*If you are happy with how you currently receive your Medicare Coverage, there is no need to do anything!

Building Networks of Support for Caregivers



Delivering education and support to those offering a break to caregivers.

REST, Respite Education and Support Tools,

is a nationally-recognized interactive two-day Train-the-Trainer course that prepares those who will train respite care workers in their own communities.



REST Training Information

SCHOLARSHIPS

available for New York residents with an interest in supporting respite through funding provided by the

Association on Aging in NY (AANYS).



Contact Doris Green for funding information.

DGreen@lifespan-roch.org

September 13-14, 2017

9:00 a.m. — 5:00 p.m.

Hosted by NYS Caregiving & Respite Coalition in partnership with the Ulster County Office of Aging and Jewish Family Services of Ulster County.

Business Resource Center 1 Development Court

Kingston, NY 12401

\$595 - Non-New York State Participants

Limited spots available!

Register today at http://restprogram.org/events-page/



💠 For Information, Contact 💠



Doris Green, Director NYS Caregiver & Respite Coalition at dgreen@lifespan-roch.org or 585-287-6393.

Kelly Fitzgerald, REST Training Development Manager kfitzgerald@restprogram.org or 630-397-5658.

For more information, visit

estprogram.or

The Ulster County Office for the Aging

Legal advice to Ulster County residents age 60 and over



Individual legal consultation and group presentations available

Our attorneys, Kathleen Dittus and Erica Halwick-Williams, are available to work with seniors one-on-one or to present pertinent information to senior groups. Topics include:

- Simple Wills
- Living Wills
- Healthcare Proxy
- Power of Attorney
- Elder Law/Long Term Care Consultation

If you are interested in scheduling one of our attorneys for an individual appointment or a group presentation in the community, please contact the Office for the Aging at 845-340-3456



Ulster County Executive, Michael P. Hein

Ulster County Office for the Aging

VOLUNTEER PROGRAM

- Transportation for seniors to medical appointments
- Calling homebound seniors
- Help Seniors access Social Security
- Health Insurance counseling
- Special Event Support
- And MUCH more!

Please call Patrick McDonough to talk about the wonderful volunteer opportunities available

845-802-7655

WE WANT YOU!!

As many or as few hours as you can give.



Michael P. Hein, Ulster County Executive

DO YOU QUALIFY FOR MEDICAID, WITH A SPEND DOWN? DON'T THINK YOU CAN AFFORD TO PAY YOUR SPEND DOWN?



If you are an individual with income near Medicaid eligibility, but don't quite make it, you may be a good candidate for a

Pooled Trust

The Office for the Aging is offering one-on-one consultation, by appointment, on Mondays to help you determine if a pooled trust might work for you or someone you care for. Learn about...

- What is a pooled trust and how it works
- What expenses does a pooled trust cover
 - How it might help you specifically

Call the OFA to set up your appointment 845-340-3456

alzheimer's PS association

Appointments at the

Ulster County Office for the Aging



Care Consultation: Helps people navigate the difficult decisions and uncertainties that persons with Alzheimer's and their Primary Care Partners face at every stage of the disease. Components of a Care Consultation include an assessment of needs, assistance with planning and problem solving (developing an action plan), and provision of support. It may also include providing in-depth education and information about the disease, making appropriate referrals, and providing supportive interventions such as active listening, empathy, normalization, and emotional containment.

Family Consultation: Offers families the opportunity to discuss their individual concerns with a third party and help them engage and collaborate with each other while planning care for persons with dementia. Family consultations will provide assistance and support in navigating difficult decision-making processes and provide the opportunity to address the collective concerns that arise while planning for and dealing with dementia-specific needs. These are recommended when family members disagree about care giving issues or family dynamics prevent effective decision making for the benefit of the person with dementia.

Call the Office for the Aging to make an appointment 845-340-3456



Greetings from the Acting Director of Ulster County Office for the Aging Kim Butwell

Hello Ulster County Seniors!

Hope everyone is doing well as we approach the cooler and colorful season of autumn. One of my favorite programs happens in September—**Falls Prevention**. Our mission at the OFA is to make sure people get the support they need to age with dignity in their home. Staying well-informed and socially engaged is an important part of overall well-being. We have a great group of presenters for this senior Lunch & Learn program on September 27th at the American Legion in Highland. We are adding a new component that I think is really important—The **Fear of Falling**. Come hear what we need to do to stay engaged and active. **Call the OFA to RSVP- 845-340-3456**.

Caregiving can be both rewarding and difficult at the same time. The OFA wants to help support caregivers. We are offering several programs around caregiving in September:

- Try our pilot caregiver program, **Virtual Dementia Tour**. This is an interactive experience for caregivers to help them understand what it is like for their loved one. Please call the OFA to reserve your spot.
- Caregiver Support Group starting September 25 at Golden Hill. This is a safe place where you can talk to other caregivers and be guided by a professional social worker from JFS. RSVP to the OFA.
- **Respite Education and Support** 2-day training. Learn about the network offering a break to caregivers. Call 585-287-6393 for more information.

Looking ahead—we are planning THREE locations for **Tai Chi Starting in October**. We have our **Annual Hearing on October 3**rd in Esopus and we want to hear from YOU! **Medicare Open Enrollment** starts October 15th! Our **Volunteer Recognition Luncheon is October 24**th
—save that date all you wonderful volunteers!!

Keep in touch—let me know what the OFA can do for you.

Warmly,

Kím Butwell

Acting Director

FREE Parkinson's Disease Care

Did you know? 42% of Medicare beneficiaries with Parkinson's Disease do not have access to a neurologist... Until now.

Parkinson's Disease Care New York (PDCNY) is a multi-disciplinary, largely virtual, Parkinson disease care network for New York State. This program aims to address barriers to access and improve satisfaction with care, quality of care, patient function, reduce caregiver burden and lower costs through a coordinated telemedicine program, including a Parkinson's Disease specialist/neurologist, a nurse specializing in Parkinson's Disease and an experienced telemedicine coordinator from the University of Rochester Medical Center.

This service is for anyone in New York State who has suspected Parkinson's or been diagnosed with Parkinson's Disease.

- No cost to for telemedicine service.
- Will need insurance to pay for any medicine prescribed; scripts will be called into your pharmacy.
- Patient will need access to internet and a device capable of video calling. If needed, PDCNY will provide a web cam.
- PDCNY will email a software link to download program.
- If program funding is discontinued, patient can chose to stay with Movement Specialist at Rochester Medical Center.

Simply call to learn more and find out if you're eligible for FREE Parkinson's Disease care.

844-77-PDCNY or 844-777-3269

New York STATEWIDE Senior Action Council



New York StateWide Senior Action Council, Inc. is a not-for-profit grassroots membership organization made up of individuals and organizations with an interest in improving the lives of senior citizens.

StateWide has a strong history providing outreach and education to senior citizens and their families throughout the state since 1972. Together, we advocate for public policies that preserve a good quality of life for older New Yorkers.

Through our Patients Rights Helpline and our Medicare counseling services we have helped thousands of older New Yorkers make sound



choices regarding healthcare, especially during the Medicare Open Enrollment Period.



Thanks to the combined effort of our members, we are a powerful, active and respected voice for change. We fought for and won:

- Observation Status Disclosure law now replicated on the federal level.
- New guidelines for safe patient handling.
- An affordable prescription drug program for New York state seniors.
- Income protection & programs that keep seniors living independently in their communities.
- Increased funding in expanded In-Home Services for the Elderly Program. (EISEP)
- Rights & Protections for all patients.
- ❖ A new benchmark the Elder Economic Security Standard™ Index (Elder Index) that provides a realistic view of the income older adults need to make ends meet and remain in their own homes.
- Restored budget funding for senior centers through Title XX.

StateWide's Advocacy Focus Includes:

- Improving Medicare & Medicaid, access to affordable prescription drugs, patient's rights, quality of care including safe nurse-to-patient ratios, and universal health care for all.
- Protecting Social Security and ensuring adequate incomes for seniors.

- Expanding community services for seniors and persons with disabilities, including affordable housing and transportation.
- Meeting long-term care needs.



 Strengthening consumer protections.



Mondays 10:30 AM – 1:00 PM Temple Emanuel Social Hall 243 Albany Ave. Kingston, NY

All are welcome. We are a friendly group of senior women. If you are a good player, great!

If you are a moderate player, you'll get better with practice.

If you don't know how to play, I'll teach you. (free)

Please call Stelle: 845-657-8476



Save The Date

DETOXIFYING THE CAREGIVER

Jewish Family Services of Ulster County, Inc.'s

10th Annual Circles of Caring Aging and Caregiver Conference



Friday, November 3, 2017 8 a.m.— 4 p.m.
Best Western Plus, 503 Washington Avenue, Kingston, NY
For more information call JFS at (845) 338-2980